

THIS IS NOT AN ELLIPTICAL IT'S BETTER ARC TRAINER®

**3 MACHINES
IN-ONE** | BURN CALORIES
BUILD POWER
GAIN STRENGTH



CYBEX®

BURN FAT, NOT TIME



Give your members a more complete workout in the shortest time possible. On the Arc Trainer, the legs travel in a biomechanically correct path of motion. There's less stress on the knees and more activation of the glutes and hamstrings. Compared to an elliptical, your members

will get better results out of each stride and it'll actually feel easier. It's every member's dream come true: Better results with less time and effort. **GET THERE FASTER WITH CYBEX.**

The innovations found in the Arc Trainer are backed by seven independent research studies and six case studies. The Arc Trainer's unique glide/stride/climb Arc Motion empowers members to burn calories, build power, and gain strength.





BETTER FOR YOUR MEMBERS

RESEARCH PROVES IT

Most effective and efficient workout

INTENSE WORKOUTS FEEL EASY

Maximum rewards with equal effort

LESS JOINT STRESS

Arc Motion is easy on joints

FASTER WEIGHT LOSS

Burns 16% more calories than an elliptical

INTEGRATED ENTERTAINMENT

New console with optional embedded screen

BETTER FOR YOUR FACILITY

3 MACHINES IN 1

Burn Calories, Build Power, and Gain Strength all in one machine

UNPARALLELED INNOVATIONS

Muscle Map™ and Adaptive Power for targeted workouts

UNMATCHED DURABILITY

The highest trade-in values

COMPACT FOOTPRINT

Ideal size for any fitness environment

PERSONALIZED ENTERTAINMENT

Made for iPod® and works with iPhone®
so users can customize their entertainment

Made for
iPod iPhone

MEET THE **NEW** ARC TRAINERS

770AT

BEST IN CLASS

Premium, high-end cross trainer with unique Arc Motion design that gives fast results.

The 770 Arc Trainer series boasts a complete selection of entertainment options that are easy for any member to enjoy. We've also made it simple to take advantage of our array of workouts that are scientifically optimized to help users to achieve their personal goals faster.



770A

BEST IN CLASS

Commercial, high-end cross trainer designed to concentrate on the lower body.



THE 625 SERIES

Featuring a complete selection of weight loss, strength and cardio workout options on a clean and simple to use display.



E3 VIEW MONITOR //

FOR CUSTOMIZED ENTERTAINMENT

Each member can easily personalize their workout experience with a perfect balance of Exercise/Entertainment/Escapes.



Exercise



Entertainment



Escape

THE 770 SERIES WITH MUSCLE MAP™ OR E3 VIEW MONITOR



MUSCLE MAP™ //

INNOVATIVE MUSCLE MAP FOR TARGETED WORKOUTS

This innovative display gives users the power to visually target individual muscle groups and take full advantage of the near limitless settings offered by the Arc Trainer.

625AT

COMMERCIAL WORKHORSE

Cross trainer created for demanding users in demanding environments.



625A

COMMERCIAL WORKHORSE

Cross trainer created for high demand environments and users who want to concentrate on the lower body.



For a complete list of specifications, user testimonials and research studies, visit www.arctrainer.com

Product Number	770AT, 770A, 625AT, 625A
Dimensions (L x W x H)	770AT: 76" x 37" x 62.5" (196 cm x 93 cm x 159 cm); 770A, 625AT, 625A: 76" x 32" x 62.5" (196 cm x 72 cm x 159 cm)
Machine Weight	770AT, 770A, 625A: 404 lbs (183 kg); 625AT: 412 lbs (187 kg)
Max User Weight	400 lbs (181 kg)

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"Made for iPod," and "Made for iPhone" means that an electronic accessory has been designed to connect specifically to iPod, or iPhone respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, or iPhone may affect wireless performance. iPhone, iPod nano, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. Compatibility list of the iPod and iPhone models includes iPod touch (2nd generation), iPod touch (1st generation), iPod nano (5th generation), iPod nano (4th generation), iPod nano (3rd generation), iPhone 3GS, iPhone 3G, iPhone 4, and iPhone.

CYBEX PRODUCTS ARE DESIGNED AND BUILT IN THE USA



VISIT

Learn more about the science behind the Arc Trainer

TRUTHONFITNESS.COM

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Connect with a Cybex Facility Consultant

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SCAN

For a complete list of specifications, user testimonials and research studies, visit www.arctrainer.com

